

Physical Fitness Test

Questions and Answers

What test is required for body content? Do you have a choice of height/weight or skinfold?

Body composition results provide an estimate of the percent of a student's weight that is fat in contrast to the "fat-free" body mass, muscles, bones, and organs. **Two options available for measuring body composition are skinfold measurements and body mass index:**

Skinfold Measurements. Measurements of the thickness of the skinfold on the back of the upper arm and the inside of the right calf are taken using a device called a skinfold caliper. A formula is used to calculate percent body fat using these measurements.

Body Mass Index. This test provides an indication of a student's weight relative to his or her height. Height and weight measures are inserted into a formula and a body mass index number is calculated. Although not as accurate an indicator of body composition, districts and schools find this measurement less controversial than skinfold measurements.